



HPK 519 – RESEARCH METHODS IN HUMAN PERFORMANCE
COURSE SYLLABUS: Fall 2026

INSTRUCTOR INFORMATION

Instructor: Dr. Michael Oldham, Assistant Professor
Office Location: NHS 115
Office Hours: M-F 2pm – 3pm
Office Phone: 903-886-5549
University Email Address: michael.oldham@etamu.edu
Preferred Form of Communication: **email**
Communication Response Time: 24 hours during the week. Emails received during the weekend may not be returned until the following Monday

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required (Inclusive Access): Creswell, J. W., & Creswell, J. D. (2023). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (6th Edition). SAGE Publications, Inc. (US).

Software Required: Basic computer

Textbook Suggested

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). Washington, DC: APA

Other assigned readings posted on D2L

The syllabus/schedule are subject to change.

Course Description

Student Learning Outcomes

This course is the study of research methods and designs appropriate for proposing, conducting, reading, reporting, and critiquing research in exercise science/human performance. A major emphasis will be on conducting a meta-analysis of research literature and preparing the first three chapters of a research proposal.

1. Analyze the strengths and weaknesses of published research, providing information on possible researcher biases, and positive and negative investigative techniques/methodology (including validity, reliability, and data analysis).
2. Critically examine methods and data analysis with specific regard to the conclusions drawn by investigators.
3. Analyze and use citation/reference formatting.
4. Design a basic research proposal, including an introduction, literature review, hypothesis/research question(s), methodology, and comprehensive bibliography.
5. Create a professional virtual presentation containing the information in the research proposal.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Student should be proficient in Microsoft Word, web browsing, and navigating an online learning platform.

Instructional Methods

All activities in this course are designed to support the student in developing skills in analyzing different research designs and to develop their own research proposal. Content delivery will include individual meetings with the instructor, videos, websites, worksheets, templates, etc. The specific content to be covered will depend on the student's needs according to their chosen research topic. This course will also consist of required readings from the textbook, discussions to test your knowledge and understanding of the material, and written assignments. More detail into these aspects of the course is provided in the grading section below.

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Student Responsibilities or Tips for Success in the Course

No late work will be accepted. Assignment's deadlines must be kept to the strictest of standards. This policy is to be fair to all students and I simply cannot justify a student who misses the opportunity to complete activities earning the same grade as a student who finishes every class assignment on time.

GRADING

GRADING

1. Research Questions and Hypotheses	10%
2. Research Proposal Draft Outline	5%
3. Annotated Bibliography	15%
4. Literature Review Plan (100 pts)	10%
5. Research Proposal	35%
a. Abstract (50 pts)	
b. Introduction (100 pts)	
c. Review of the Literature (100 pts)	
d. Methods (100 pts)	
6. Proposal Presentation (200 pts)	20%
7. Quizzes / Written Assignments	5%
Total (1,000 pts)	100%

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assessments

Research Questions and Hypotheses

Based on your chosen research topic, develop 2-5 research questions along with your hypothesis for each. Aligns with SLO #4.

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Research Proposal Draft Outline

In bullet points, write down how you want your proposal to flow from subtopic to subtopic. Include all main ideas, what you (think you) know about the topic, what is unknown, and what you would test in your research. Aligns with SLO #4.

Annotated Bibliography

Conduct a comprehensive literature review (20-50 articles from the last 20 years). The annotated bibliography will help to organize your articles and themes to write the literature review. Reference must follow APA format; use a reference manager! Aligns with SLOs #1, 2, 3, 4.

Literature Review Plan

Using the template provided, organize your literature review themes, including the research articles that go along with each theme, and a summary statement. Aligns with SLOs #1, 2, 3, 4.

Research Proposal

You will develop 5 sections for the research proposal: Abstract, Introduction, Review of Literature, Methods, and References using ETAMU's thesis template. Aligns with SLOs # 3, 4.

Proposal Presentation

You will create and video record a professional virtual presentation of your research proposal. Aligns with SLOs # 5.

All work submitted for this course must be your own work, must have been developed specifically for this course, and may not have been submitted for evaluation or assessment in any other course.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A & M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

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YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, an ETAMU campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

It is my goal to respond to any questions you have within a 24-hour period Monday through Friday (weekends are an exception). If the matter is urgent, please include the word "urgent" in the email subject line.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

- 1) Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written

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- communication must be clear in all circumstances.
- 2) While completing assignments, chatting, etc within the D2L environment (within this class), be professional. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc).
 - 3) Due dates: The "due dates" listed for sections are the LAST chance to submit them. Please submit your work early.
 - 4) If you have a question or concern, e-mail me. Please include in the subject of the e-mail ("HHPK 519") and the subject of the message. I will respond within 24hrs during the week.
 - 5) Use the following e-mail address for me: michael.oldham@etamu.edu
 - 6) You MUST check your e-mail regularly in case I need to communicate with you.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

ETAMU Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

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Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



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Use of AI for Assignments

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, **students are fully responsible for the content of any assignment they submit**, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

COURSE OUTLINE / CALENDAR

Week	Learning Activities	Assignments Due
Week 1	APA formatting, Course Tips, Finding research articles, Introductions, Syllabus	Introductions
Week 2	Ch. 1 – Selection of Research Approach Thesis topic, research questions and hypotheses	Quiz 1
Week 3	Ch. 4A – Writing Strategies Ch. 4B – Ethical Considerations	
Week 4	Research proposal draft outline Ch. 2 – Review of Literature	Quiz 2
Week 5	Annotated bibliography	
Week 6 & 7	Ch. 5 – The Introduction Research proposal - Introduction	Quiz 3

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Week 8	Ch. 6 – Purpose Statement Ch. 7 – Research Question & Hypothesis	
Week 9	Research proposal – Review of the Literature	
Week 10	Ch. 8 – Quantitative Methods Ch. 9 – Qualitative Methods Ch. 10 – Mixed Methods	
Week 11	Research proposal – Method of Procedure	
Week 12	Research proposal – Abstract	
Week 13 → Finals	Proposal presentation - ARS	TBD

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